



## Giving Week


**Our wonderful instructors volunteer their time to teach during this week.**

**Members and non-members may attend. Non-members should stop at reception desk to receive a wristband. Participants must be ages 14+. Schedule subject to change**

**Please bring a NON-EXPIRED canned good, personal care item or monetary donation for each class attended. All items are distributed to the Mansfield Food Pantry.**

Suggested Items: peanut butter, soups, granola bars, oatmeal, boxed milk and canned tuna, toilet paper, toiletries—shampoo/conditioner, bath soap, toothpaste, hand soap

For more information call (860)429-3015; [www.mansfieldcc.com](http://www.mansfieldcc.com)

Monday, December 20	Tuesday, December 21	Wednesday, December 22	Thursday, December 23	Friday, December 24	Saturday, December 25
5:45-6:45 am Spin w/ Ron	11:30 am-12:00 pm Chair Yoga w/ Jess Gym	5:45-6:45 am Spin w/ Ron		5:45-6:45 am Spin w/ Ron	Closed
10:15-11:15 am Functional Strength w/ Jodi	12:15-12:45 pm Kettlebells w/ Jess Gym	10:30-11:30 am Gentle Yoga w/ Sharon		Close at 5 pm	

## Mini Session

**Classes FREE to members ages 14+. Schedule subject to change**

**Non-members pay day use fee and may attend as many classes as they would like that day.**

**Please stop at reception desk to receive a wrist band.**

Monday, December 27	Tuesday, December 28	Wednesday, December 29	Thursday, December 30	Friday, December 31	Saturday, January 1
5:45-6:45 am Spin w/ Ron		5:45-6:45 am Spin w/ Ron		5:45-6:45 am Spin w/ Ron	Closed
10:15-11:15 am Functional Strength w/ Jodi	11:15-12 pm Aqua Therapy w/ Dorinda	Corefusion 5:20-6:20 pm	11:15-12 pm Aqua Therapy w/ Dorinda	Close at 5 pm	